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IN PART 1 OF OUR 3-PART SERIES, 'ROXY' TALKS ABOUT BODY RUB PARLOURS **PAGES 10 & 11**

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metr@AR Take it outside. Use Metro AR for a step-by-step guide to running a marathon **PAGE 18**

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HISTORY COMES TO LIFE

Students attending City Hall School got up close and personal with a baby Tyrannosaurus rex Monday. The life-like dinosaur is part of the Walking with Dinosaurs arena tour, which will come to Rexall Place from Sept. 24 to Sept. 28. RYAN TUMILTY/METRO

'I think it will be a real honour'

Boston Marathon.

Inspired by 2013 events, local couple will participate this year



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

April 15, 2013, will be a day Edmontonian Nick Keyko will never forget.

Shivering and with tears in her eyes, his wife Kacey had just finished her first ever Boston Marathon and reached her husband in the family meeting area.

"I wrapped my arms around her and then boom. Seconds later, a second loud boom," said Nick in a letter to Boston Mara-

thon organizers.

Bombs planted along the marathon race killed three people and injured 260 people that day, approximately 20 minutes after Kacey finished her race.

"We didn't find out what happened until we were back at our accommodations," she said.

Determined to run the marathon together this time, the couple qualified for the historic race, which takes place April 21. With thousands of registrants interested in the race, Nick initially didn't make the cut while his wife Kacey was able to sign up.

But due to high demand, registrants were encouraged to write a small letter explaining how they were impacted by the 2013 events. Nick was one of

the lucky registrants chosen for his letter.

"I still find it hard to think about that day, my emotions obviously still run high. But I used those emotions to carry me through my training and races," he wrote.

A flag-raising ceremony and a brief moment of silence will take place during a tribute on Tuesday in Boston, with "speakers representing families of those affected, medical staff who treated patients, responding government agencies and a host of civic leaders," according to the Boston Athletic Association's website.

Back in Edmonton, the Keykos are readying themselves for the race that inspired them to repay Boston a visit.

"I think it will be a real honour," said Kacey.

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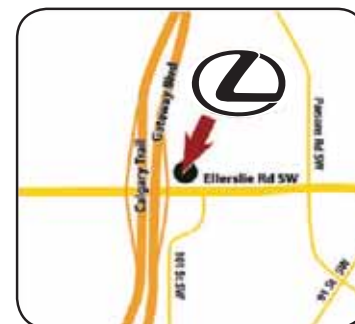
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Controversy. Government planes will stay: Premier

Premier Dave Hancock says he won't scrap the government's fleet of airplanes despite new revelations of questionable use by his predecessor, Alison Redford.

The four turboprop planes are sometimes the best and only way for government officials to get into remote communities, Hancock told reporters Monday.

He declined to commit to finding out why Redford used government planes to take her daughter on two weekend trips to the mountain town of Jasper. Hancock said an investigation would not be a good use of money.

"If we're going to divert all of our attention to run after every single piece that an opposition member wants to throw in the sky, and say, 'We assume this was nefarious, we assume that wasn't government business,' we wouldn't be doing the business that Albertans want us to do," he said.

The government gives ministers discretion and accountability to decide who should and shouldn't fly on the aircraft, he added.

Opposition parties want the province to scrap the planes after the CBC reported earlier Monday that new flight records show the former premier took her pre-teen daughter, Sarah, on 50 flights. Redford used government aircraft to fly with Sarah to Jasper for two weekends, including one in June 2013 as southern Albertans were still reeling over devastating floods. The records simply list "meetings with government officials."

Records also showed that as justice minister in 2008, she flew her nanny on a government plane. **THE CANADIAN PRESS**

Leduc County. MLA says more negotiations needed on Edmonton's annexation bid

MLA George Rogers is calling for Edmonton to sit down with its regional neighbours rather than pursue a hostile annexation.

Rogers, who represents Leduc-Beaumont, said he is concerned Edmonton's proposed annexation will stifle the county's growth and he wants Edmonton to negotiate on the issue.

"There's no reason that reasonable people, representing two neighbouring communities, can't sit down and hammer something out," he said.

Rogers first raised the issue Thursday in the provincial legislature. He said the amount of land the city wants — stretching down to the international airport — would put Leduc County at a tremendous disadvantage.

"I just think it's a huge land grab on the part of the City of Edmonton," said Rogers.

Mayor Don Iveson said negotiation has always been a planned part of the process, but right now they are engaging with residents and landowners.

"We will sit down at the big table again soon," he said.

Iveson said the annexation isn't hostile, but necessary.

"I don't see it that way. I see it as the natural course of Edmonton's growth," he said.

Rogers said he raised his concerns as the member for the area and even though he is part of the government caucus, he was speaking for his constituents.

"I am not supporting a process that is going to essentially disadvantage my community," he said. **RYAN TUMILTY/METRO**



Mayor Don Iveson METRO FILE

Little space for big movers?

New towers. Building should help address space crunch of companies, report says



RYAN TUMILTY
ryan.tumilty@metronews.ca

New office towers coming to downtown are definitely needed, according to a new report that suggests the city has very little large space available.

The report from Avison Young says that while the city has an 8.1 per cent vacancy rate, it only has five sites in the downtown area with more than 20,000 square feet available and only two spaces with more than 100,000 square feet.

Cory Wosnack, a principal with the company, said without the new towers that are coming, companies would be forced to take options they didn't want.

"They have to become fragmented. They have to take

space in another building, they have to accommodate their corporate growth by becoming slightly more dysfunctional," he said.

Brad Ferguson, president and CEO of the Edmonton Economic Development Corporation, said they're not hearing big concerns from companies interested in Edmonton.

"Most relocation decisions are three years out, so a lot of the people I am working with are eyeing the new space that's coming on the market in the next three years," he said.

He said, if anything, people are seeing the development as a sign of a competitive environment.

"We get knocks on our doors every day."

Office space

350K

The city announced in February that it would be moving into 350,000 square feet of space in a new tower near the new downtown arena.



The city announced in February that it had agreed to lease 350,000 square feet in a new office tower from the developers of the Edmonton arena. **COURTESY CITY OF EDMONTON**

1 NEWS

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Not business as usual

Alberta firm slapped with \$90K fine for doing business with Iran

Shipping synthetic rubber rings to Iran landed one Alberta-based firm a hefty fine Monday for violating international sanctions on products with nuclear applications.

In Calgary court, representatives for Lee Specialties Ltd. pleaded guilty to one charge under the Special Economic Measures Act and the company was subsequently dinged \$90,000.

A lawyer for the company said the rings were supposed to go to Dubai, but there was an address mix-up on the packaging.

METRO

Tagging spree

Graffiti-related charges laid

Two men are facing more than 160 graffiti-related charges, following an April 5 alleged tagging spree in the city. Property damage is currently estimated at more than \$18,000. METRO

Span of two weeks

Charges laid in store robberies

Edmonton Police have laid charges after four convenience stores were robbed in both Edmonton and Spruce Grove in less than two weeks.

Police say at each location, clerks were threatened with a weapon.

Two men in their 20s were charged in relation to the robberies. METRO

04

NEWS

metronews.ca
Tuesday, April 15, 2014



City Coun. Scott McKeen points to one of the new wayfinding signs placed around downtown. STEPHANIE DUBOIS/METRO

New wayfinding signage launched

Putting downtown on the map. City admin hope to add to more directive signs



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

The city is putting Edmonton on the map as part of a new wayfinding project launched Monday that aims to better direct people around the downtown core.

As first reported by Metro, the Walk Edmonton pro-

At a glance

- Five signs will be placed around downtown as part of the first wave of the project.
- Edmonton Wayfinding Project is a group of people advocating for improvement of Edmonton's wayfinding information.

ject will see five signs put around Churchill Square and the Shaw Conference Centre. Further plans are in the

works to develop an app and more interactive signs for people walking around the growing downtown core.

"We want to make people comfortable downtown," said Coun. Scott McKeen.

With about \$75,000 spent on the work that has been done to date, city officials will be asking city council for more dollars in the future to develop an app and further signage around the city.

Residents are asked to voice their comments and concerns on the new signage by visiting the city's website until May 4.

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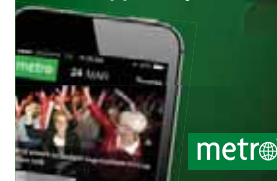
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Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in need of

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

protection.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala.

THE CANADIAN PRESS

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in *The Bluest Eye* would seem to have little in common.

But among some parents, educators and others, the works fall into the same category — they're just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" at schools and libraries.

Dav Pilkey's bestselling *Captain Underpants* series topped the list for "offensive language"

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately, most parents and educators do, too."

Dav Pilkey, author and illustrator of the *Captain Underpants* series of books

and material unsuited for its targeted age group.

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, violence and sexual content.

THE ASSOCIATED PRESS

Ontario suicide attempts shared with U.S. officials

Special report.

Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist."

Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians

from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being

denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information

and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camille Quenneville. "Standardizing the protocol for disclosure would be welcome."

THE CANADIAN PRESS



Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

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Woman says she killed six of her newborns

Utah. Megan Huntsman told police that she wrapped the bodies up and left them in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and

placed in a plastic bag.

Huntsman is being held on \$6 million bail — \$1 million for each baby she is accused of killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman, and Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Huntsman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters who lived at the house. **THE ASSOCIATED PRESS**



France

Police test DNA of all males at school

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple: "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself," she said.

THE ASSOCIATED PRESS

Bolivia

Villagers injure 2 for alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants after the two allegedly stole three motorcycles.

Dr. Roberto Paz said one of the men remained in intensive care while the other suffered kidney failure.

THE ASSOCIATED PRESS

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Hate-crime charges possible in shooting

Frazier Glenn Cross. White supremacist implicated in attack on Jewish community centre and retirement complex

Prosecutors have enough evidence to pursue hate-crime

charges in the shooting spree that killed three people at a Jewish community centre and retirement complex near Kansas City, authorities said Monday, a day after the attack.

Frazier Glenn Cross of Missouri, a known white supremacist, has not been formally charged in the slayings, but officials said more information about charges

Quoted

"We have unquestionably determined ... that this was a hate crime."

Overland Park Police Chief John Douglas

was expected Tuesday. Federal prosecutors were mov-

ing to put the case before a grand jury.

Police suspect Cross fatally shot two people Sunday afternoon in the parking lot behind the Jewish Community Center of Greater Kansas City, then drove to a retirement community where he shot a third person. He was arrested in an elementary school parking lot.

THE ASSOCIATED PRESS



In an image from video provided by KCTV-5, Frazier Glenn Cross is escorted by police through a school parking lot, Sunday. THE ASSOCIATED PRESS

Reeva Steenkamp trial

Chief prosecutor accuses Pistorius of lying

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts to mask difficulty in answering a barrage of probing questions. THE ASSOCIATED PRESS

Killed husband

Marissa Suzanne Devault eligible for death penalty

Jurors decided on Monday that U.S. woman Marissa Suzanne Devault, convicted of killing her husband with a hammer, is eligible for the death penalty after prosecutors argued that she carried out the brutal killing so she could collect life-insurance money.

THE ASSOCIATED PRESS



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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law



Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right

now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working,'" she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of \$4,000 to \$5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar."
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

something mentally stimulating," she said.

Practising yoga and watching cartoons like *Sleeping Beauty* are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.



Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO



Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while



The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokes-

man Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefight-

ers worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida

member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Missing Malaysian jet

Ocean too deep for robotic sub search

The search area for the missing Malaysian jet has proved too deep for a robotic submarine which was hauled back to the surface of the Indian Ocean less than half way through its first seabed hunt for wreckage and the all-important

black boxes, authorities said on Tuesday.

Search crews sent the Bluefin 21 deep into the Indian Ocean on Monday to begin looking for the missing Malaysia Airlines Boeing 777 after failing for six days to detect any signals believed to be from its black boxes.

But after six hours of its mission the vehicle exceeded its depth limit of 4,500 metres. THE ASSOCIATED PRESS

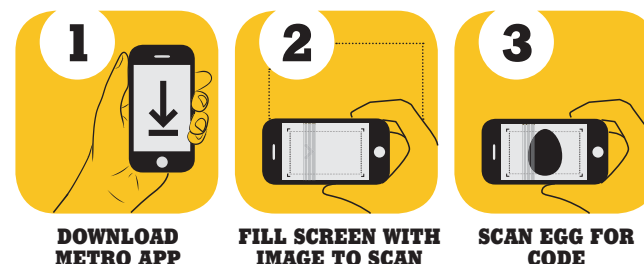
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Damage control

Top PR, HR execs out amid crisis at GM

General Motors is replacing the executives in charge of communications and human resources as it struggles with a string of embarrassing recalls that have led to congressional hearings and federal investigations.

Communications chief Selim Bingol and human resources head Melissa Howell are leaving the company, the company said in a statement.

GM is in the midst of a crisis over safety of some of its older-model vehicles, including 2.6 million small cars worldwide that have been recalled to replace faulty ignition switches.

THE ASSOCIATED PRESS

Spyware

German Aerospace Center target of espionage attack

The German Aerospace Center says it was the target of a suspected espionage attack for several months.

The research centre on Monday confirmed a report

by German magazine Der Spiegel and said it had asked the national cyber-defence centre to investigate the attack.

A spokesperson, who declined to give a name in line with the company's policy, confirmed that several computers used by scientists and system administrators had been infiltrated by spyware.

THE ASSOCIATED PRESS

Stolen SINs are 'tip of the iceberg'

Expert. Heartbleed bug likely the 'largest flaw' ever to hit the Internet

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue Agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg,"

he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised. **THE CANADIAN PRESS**



Uber aims to hail customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Report

More Americans say personal info stolen online

The number of Americans who say they've had important personal information stolen online is on the rise, according to a Pew Research Center report released Monday.

According to the survey, 18 per cent of online adults have had personal information stolen, such as their social security number.

THE ASSOCIATED PRESS

Smaller is better? Size of the iPhone 5s is a big hit, a new study finds

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them in part because of its smaller size, a new study finds.

The S5 scored well given its water resistance and a sturdy back panel made of plastic, according to SquareTrade, a provider of extended protection plans. The iPhone 5s won

points for being just four inches diagonally, compared with about five inches for the Android phones. That makes the iPhone easier to grip and thus less likely to slip out of one's hands.

Nonetheless, all the smartphones tested had a medium risk of breakage, and differences between the various phones weren't major.

THE ASSOCIATED PRESS

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HAIR-RAISING TALES FROM DOWN UNDER

Practically all women are born with hair on their body — some much more than others, thanks to various different biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to “feel womanly around the clock” is to go on the offensive against your own body and never ever allow a person of the opposite



SHE SAYS
Jessica Napier
metronews.ca

sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized “feminine” figure.

Personally, I've never been interested in any sort of hair removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

And yet, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and laying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

“It will feel better next time,” the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite \$40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there or anywhere else on her body.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Picnic instead of picket



OLISCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. **METRO**

Organizer says

“People say it's not about gender. If it was just people eating on the Tube you could bring in the question of privacy, but it's not — it's just women. You can't ignore that.”

Organizer Alexis Calvas told *The Independent*

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #eatonthetube hashtag.

Also seen on transit

- @dreaminontransit is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- Awkwardtransit.com is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.



YOUTUBESCREEN GRAB

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With *Teeth Dreams*, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.



Craig Finn of the Hold Steady. GETTY IMAGES

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and

the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

Quoted

"I'm trying to write characters that are a little older."

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. ... [Now] I'm trying to write characters that are a little older."

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. ... It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review



Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

2 SCENE

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It's a scary time for the horror spoof

A Haunted House 2.

Marlon Wayans talks about the difficulty of making funny movies on shoestring budgets



**NED
EHRBAR**
Metro World News in Hollywood

Marlon Wayans is back to one of his old standbys: spoofing popular horror flicks, this time in *A Haunted House 2*, the franchise he kicked off last year just as the *Scary Movie* series — which Wayans helped launch — seemed to run out of gas.

Your character asks an interesting question in this movie: When will they stop making *Scary Movie* sequels without a Wayans involved? I think now (laughs). I think Part 5, that was it. I saw Bob Weinstein and he was like, "Yeah, I think I'm going to let it rest, go on to do other things, but



A Haunted House 2 opens in select theatres this weekend. CONTRIBUTED

I'm thankful you killed my franchise." I said, "I didn't kill your franchise. I gave you a shot at *A Haunted House*, and you said no."

Budgets for horror movies have been getting smaller. Does that mean budgets

for movies spoofing horror movies been shrinking as well?

It's harder, definitely, because they expect you to make a comedy for cheaper. When you're parodying something, you still need the practical effects and

the visuals, depending on what you're making fun of. I'm happy that *Paranormal Activity* was so inexpensive to make, because that was easier to do. But it's hard to do comedy for a low budget. We made the first one for \$1.7 million and this one for

Quoted

"When you're parodying something, you still need the practical effects and the visuals, depending on what you're making fun of."

Marlon Wayans on why making comedy isn't always that cheap.

\$3 million. Hopefully by the next one I can have a trailer.

How do you handle splitting your attention between being an actor, producer and co-writer on this?

I have ADD, I think, and I'm not on medicine. My only medicine is the fact that I get to do a bunch of stuff. That keeps me the most focused. It's weird. I love producing, I love hiring everybody and putting the band together, I love writing and I love performing. I think the whole experience allows me to use every last single thing I know. It's good to apply yourself fully to your project.

It keeps me sane.

Can you enjoy simply watching a scary movie now, or does the parody part of your brain not shut off?

That part of my brain stays on. I can't go to any movie and enjoy it. I'm constantly thinking about what could be funny. I just can't turn it off.

It's been 40 years since *Blazing Saddles*, a kind of comedy a studio wouldn't make any more due to its biting humour.

Times have changed, yeah. But I get why, because corporations bought the studios and the networks, and now there's a different agenda. People have to adhere to that and use their creativity in a whole different capacity. You have to channel it and do respectful content that's going to sell ad space. Your product has to be a business. It has to make dollars in order to make any sense. That's why I do them independently, so that I can keep my scatological integrity.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana



Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw

cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy



Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "super-vindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about

each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."



Angelina Jolie and Brad Pitt.

Selena Gomez ready to close the book on Bieber

Sources close to Selena Gomez say her on-again, off-again relationship with Justin Bieber may finally be off for good, as she is reportedly fed up with the Canadian bad-boy, according to Radar Online. "She's grown tired of Justin's attention-grabbing antics," a source says. "Justin is a little bit of a crazy guy who could do something weird like proposing marriage just to keep her by his side, but that's Selena's exact problem with him ... That's why she's spent a couple of months trying to re-establish



Selena Gomez

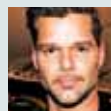
herself — and distance herself from Justin." So how much time does Bieber have to shape up? "A permanent breakup between the two could even be confirmed as early as mid-July," the source says.

Twitter



@JohnCleese

Hotel security man tells me that in some hotels staff tip off paps when 'celebrities' arrive. Reward for name of pap who hassled me



@ricky_martin

I went to sleep and dreamed that I was sleeping. Then woke up in my dream. And finally woke up real life. coo coo



@carriefisher

Tho life is far from a bed of roses thru which 1 lethargically loiters/it nevertheless is more savory than bed composed of Goiters

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3 LIFE

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The treadmill won't make you a better runner, and here's why

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order

to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym ... but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he



On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

means by this?

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your

body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe need to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

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- Healthcare providers, working with adults 65 years or older that have multiple chronic conditions.

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SOME LESSONS ARE JUST WARMING UP

SUMMER COURSES CAN BE BENEFICIAL

The popular song lyric “Summertime, and the livin’ is easy” doesn’t apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

“Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course,” says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their stud-

ies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. “That translates into a lower student-to-professor ratios, which means more personalized attention,” Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It’s good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home



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country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. “Students

need to keep in mind that although they are shorter, they’re concentrated,” Banks says. “So they might be going to class every day, even though they’re just taking one subject.”
— Jane Doucet

ROBERTSON ADDS PROGRAMS

THREE NEW TOPICS FOCUS ON BUSINESS

Get down to business with one of the new business programs at Robertson College.

If you are thinking about a career in business, Robertson College now offers three new programs in legal administrative assistant, accounting and payroll administrator, and administrative professional.

“The administrative professional program is a great little program to get started with,” says Violet Reid, campus director of Robertson College, Edmonton campus. “It is excellent for getting a basic knowledge of office procedures and software.”

This program will provide you with training in computers and customer service required to get you started in any business environment.

The administrative professional program is only 15 weeks in length and offers students the option of adding bookkeeping, payroll or legal components to further enhance your education and increase employment opportunities.

“Having the CPA certification is a real



CONTRIBUTED

benefit when applying for jobs in the payroll field,” Reid says.

Classes for the legal administrative assistant program begin April 28, while start dates for the accounting and payroll administrator, and administrative professional programs begin in May.

For more information about these programs and Robertson College, please visit robertsoncollege.com.




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HOMEWORK FOR YOUR SUMMER JOB SEARCH

If you are a university or college student in today's economy, you will have your work cut out for you when it comes to landing a summer job. Before you start submitting applications, you must decide where you have the best chance of getting an offer — at home or where your school is located.

"Students must weigh whether it's financially viable to pay rent while doing a job search or if it will be better to live with their parents," says Jessica McCormick, the national spokesperson for the Canadian Federation of Students.

After that decision is made, McCormick offers these job-seeking tips:

Start preparing early. "Even though your head is in exams in April, it's important to start this process sooner rather than later," McCormick says. Take a break from studying to update your resumé, line up references and scan online job boards.

Do your homework. If you are applying for a job in your field, research the company so you can customize your cover

letter. "Get as much background about the employer as possible," McCormick says.

Tap into your network. Get in touch with anyone you think might be able to help you, including former employers, instructors, relatives, neighbours and friends' parents.

Clean up social media. It's OK to tweet articles that pertain to your field; in fact, some employers look for that. "But there's a danger in being too open," McCormick says. "So be mindful of what you're posting."

Be persistent and patient. It can take a few weeks before you get an interview. "Don't expect to land something right away," McCormick says.

Take whatever you can get. If you get an offer, take it. "If it's not in your field but you're cash strapped, you can't afford to be choosy," McCormick says. If a better offer comes later, it's OK to quit the first job — you will be freeing up a position for another student.

— Jane Doucet



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FOCUS ON NEEDS OF CLIENTS WITH EXCEL

Person-centred care involves focusing care on the holistic needs of the client, which is the foundation of the health-care aide (HCA) and community support workers (CSW) programs at Excel Academy.

Excel Academy takes into account that you need to provide for the client from an emotional, spiritual, social and cognitive perspective, rather than just from a physical perspective.

"Emphasis is placed on who the client is as a person and how their past history

and experiences have made them the person they are," says Kimberley Stewart, health-care aide instructor.

"Person-centred care promotes dignity in care, respect of the right to personal choice and values the client as a person rather than an assigned task."

Stewart says clients in care have many needs that extend beyond the physical, including love, acceptance, and compassion.

"Clients who receive person-centred care are more involved in decisions that

affect their day-to-day lives and are able to manage chronic diseases more effectively," Stewart says.

"Their quality of life is improved on every level."

Excel Academy is committed to providing up-to-date education to enhance the lives of present and future clients and further the competency of students who will become a vital part of this system.

For more information about Excel Academy, please visit excelacademy.ca.

ACADEMY OF LEARNING LISTENS TO STUDENTS

Academy of Learning Career College is focused on taking the feedback from its students and industry and turning it into programs that are in demand.

Academy of Learning recently received enough enquiries and has added the community support worker program with available specialization in addictions work.

"There was enough interest for programs and a proven demand for work in the industry, which is why we are bringing in the community support worker program

with the addiction specialization," says Audrey Brattberg, owner/operator Academy of Learning Career College, Alberta.

"The specialization is unique because it provides a variety of opportunities in a multitude of job placements."

Students will study topics such as psychology fundamentals, sociology and family life in Canada, and criminology and at-risk populations.

After successfully completing the program, students may go on to pursue careers

in rehabilitation centres, public and private addiction counselling clinics, hospitals, youth protection services, and many more.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers, such as health care, business, office administration, IT, web design, and accounting.

For more information, please visit academyoflearning.ab.ca.



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CENTRE WILL BE A CULTURAL HUB

When the Alberta government announced plans to help fund MacEwan University's new Centre for Arts and Culture building, a collective cheer went up from the hundreds who had gathered to hear the announcement. The building forms a significant piece of the puzzle to a plan that brings the university's south and west-end campuses to the downtown core. The \$30-million funding is part of a projected \$153-million project cost.

Slated to begin construction in the fall, the new Centre for Arts and Culture will be home to all the academic programming currently located at the existing Centre for the Arts and Communications. More than 1,000 students along with faculty and staff will make the move in time for the fall 2017 semester.

The current Centre for the Arts and Communications is home to a steady stream of student showcase performances, art and design exhibitions, theatrical presentations and faculty concerts. The new building will bring that vibrant community to the centre of the city, providing the entire university community and the adjacent downtown neighbourhood with the opportunity to experience its lively atmosphere and artistic energy.

The new Centre for Arts and Culture building will be, first and foremost, a teaching facility, offering state-of-the-art technology, classroom and performance space for performing and visual arts students. But more than that, the building will be an architectural landmark on the downtown landscape.

Who would have thought that more than 20 years ago, an abandoned corridor of Edmonton's downtown would be transformed into a thriving hub of teaching and learning? Since the opening of City Centre Campus, the university has expanded its breadth of programming to become a leading undergraduate institution serving nearly 13,000 full-time equivalent students with plans to grow to 17,000 full-time students.

MacEwan University's downtown campus is a hub of creative, scholarly and cultural activity. It represents the university's vision for an integrated academic community — one that reaches beyond the walls of the campus to build, share and contribute to the growth and prosperity of Edmonton and beyond. The university's downtown campus strategy has been part of its long-term plan to create efficiencies in operations and to provide all students with the resources and services they need to be successful in their studies and to help them thrive as individuals.

A CAREER THAT MAKES A DIFFERENCE

NorQuest College's community support worker program is a learning opportunity that is your gateway to rewarding employment in a human service agency or to further your education.

The one-year certificate program provides graduates the skills to serve in one of three unique communities — Aboriginals, immigrants/refugees, and individuals with disabilities.

Students will develop knowledge and skills in problem solving, health and wellness, life management, computers, Aboriginal culture, interpersonal communications, crisis intervention, domestic violence prevention, and addictions. They will also be introduced to the Canadian judicial system and restorative justice.

Students will also have the opportunity to focus their training in community support practice via a 150-hour practicum placement.

Graduates will find employment in



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such front-line human service-delivery settings as Aboriginal child and family service agencies, street work organizations, group homes, emergency shelters, immigrant settlement agencies, ethno-specific community service organizations and organizations that provide personal/in-home supports to the disabled.

For 2014-15, the new program starts with admitting applicants specifically interested in community support practice with the immigrant/refugee community. The two other training options, practice with Aboriginals and practice with the disabled, will be added after the 2014-15 academic year.

For more information on related careers, visit norquest.ca.

GET IN-DEMAND SKILLS WITH DIGITAL SCHOOL

As a leader in computer-aided design (CAD) training in Alberta, Digital School Technical Design College is always looking to stay current with skills that are in demand in the industry.

One of the ways Digital School is thinking ahead for the future is by offering BIM (building information modelling) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," says Brady Sylvester, assistant manager of Digital School. "It is fast becoming a standard worldwide."

BIM is a methodology for project development and management that relies on a central, shared data model.

The term was first used with specific reference to building projects and closely linked with architecture, but the reality of today is that BIM methods and practices apply to almost any kind of project in



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almost any industry using CAD.

Digital School is a private career college offering CAD courses where you can earn a diploma in less than a year, either full time, part time or online.

Applications for the June 30 intake are now being accepted.

For more information, or to speak to an admissions adviser, visit digitalschool.ca.



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NUTRI-BITES
Theresa Albert
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Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are celled in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO₂ so the apples go to sleep. When

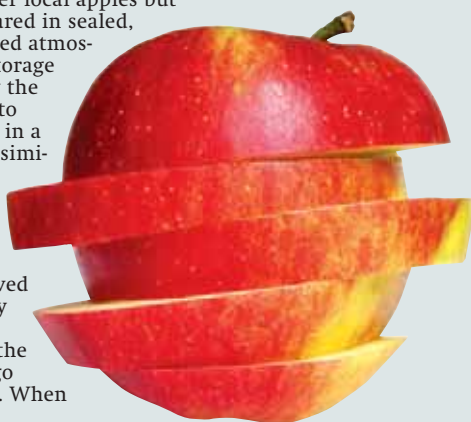
they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down.

"This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

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FLASH FOOD



From your fridge to your table in 30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

1. Preheat oven to 400°F.
2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.
3. In the sauté pan, heat

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock



TOTAL TIME
ABOUT 30 MINUTES

This recipe serves six. COURTESY THERESA ALBERT

oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to

sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with

pan juices. **RECIPE COURTESY COURTESY REDPRINCEAPPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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NHL

Room for three more Canadian teams: Think-tank

The Conference Board of Canada says the country could support as many as three more National Hockey League franchises within the next two decades.

The board suggests that in addition to the seven existing NHL teams, Quebec City and Hamilton, Ont., appear to meet minimum requirements for a franchise in the near future.

The requirements include elements such as population, income and corporate presence.

The organization said today a third franchise could also emerge in the Greater Toronto area by 2035, but that the price of appeasing the hometown Maple Leafs would be steep.

The board is predicting that franchises in Calgary, Edmonton and Ottawa will continue to be viable markets in 20 years but that the Atlantic provinces and Saskatchewan will not have the population or corporate presence to support NHL teams. **THE CANADIAN PRESS**

NHL

Preds end Trotz's marathon stint

Barry Trotz, the NHL's longest-tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators said Monday they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately.

THE ASSOCIATED PRESS

Shanahan expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And



Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. **ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE**

Handing over the reins

"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent." **MLSE president Tim Leiweke**

it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though

each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year, I think we didn't have the identity," Leiweke said. "I think Randy tried to create the

identity. To the guys' credit last year, they bought into that, and they took on Randy's identity, I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. **THE CANADIAN PRESS**

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WESTJET vacations



Michael Phelps is coming out of retirement, the first step toward possibly swimming at the 2016 Rio Olympics. He will compete at a meet in Mesa, Ariz., on April 24-26. THE ASSOCIATED PRESS FILE

Phelps makes a splash by diving back into the pool

Coming out of retirement. Baltimore Bullet has been training and will compete next week

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medalist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in

The resumé

Michael Phelps turns 29 in June and is the winningest and most decorated athlete in Olympic history.

- He captured 18 gold medals and 22 medals overall at the last three Summer Games.
- He broke Mark Spitz's record for a single Olympics by winning eight gold medals at Beijing in 2008.

three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

"I think he's just going to test the waters a little bit and see how it goes," Bow-

man said by phone from Baltimore. "I wouldn't say it's a full-fledged comeback."

Phelps returned to training last fall and re-entered the U.S. drug-testing program. He has completed his six-month waiting period by the U.S. Anti-Doping Agency to be eligible for competition.

Bowman said Phelps is "pretty far" from being back in top form. He's been training Monday through Friday with Bowman's team at the North Baltimore Aquatic Club in his hometown.

"He's gotten back into good shape since September," the coach said. "He can give a good effort and certainly not be embarrassed. He's in enough shape to swim competitively."

THE ASSOCIATED PRESS

Raps buck years of disappointment with franchise-record 48th win

The Toronto Raptors have recorded their best regular-season record in the team's 19-year history.

The playoff-bound Raptors topped their record for franchise wins with victory No. 48 on Monday, a 110-100 defeat of the lowly Milwaukee Bucks — their most recent milestone achieved on a night that started with the unfurling of their Atlantic Division banner.

Greivis Vasquez scored 25 points, while Kyle Lowry added

On Monday

110

Raptors

100

Bucks

24 for the Raptors (48-33). Jonas Valanciunas had 14 points and 13 rebounds, Tyler Hansbrough scored 12 points and grabbed

11 boards, while Amir Johnson finished with 10 points.

Ramon Sessions scored 21 points to top the Bucks (15-66) in their 14th straight loss on the road. Jeff Adrien added 19 points.

Vasquez started in place of all-star DeMar DeRozan, who was given the night off to rest up for the playoffs.

The Raptors wrap up the regular season Wednesday against the Knicks in New York.

THE CANADIAN PRESS



Amir Johnson celebrates as he leaves the court following the Raptors' win over the Bucks in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

NBA

Shorthanded Heat give #1 spot to Indy

The Miami Heat opted for rest for LeBron James and Chris Bosh over the pursuit of the Eastern Conference's top seed, and the Washington Wizards capitalized in a 114-93 win Monday night that clinched the No. 1 seed for the Indiana Pacers.

Trevor Ariza scored 25 points for the Wizards, who remained one game ahead of the Charlotte Bobcats in the race for the East's No. 6 seed. THE ASSOCIATED PRESS

NBA

Bulls continue to fight for 3rd seed

Joachim Noah had 18 points and the Chicago Bulls pulled away late for a 108-95 victory over the Orlando Magic Monday night.

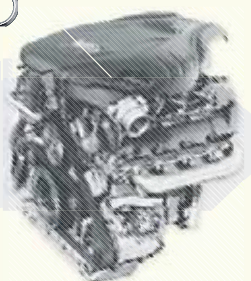
With one game left in the regular season, the Bulls are fourth in the Eastern Conference playoff race. To finish third, they would need to win the season finale at Charlotte on Wednesday and have Toronto lose at New York.

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Horoscopes

Aries

March 21 - April 20

There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

Taurus

April 21 - May 21

Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

Gemini

May 22 - June 21

The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

Cancer

June 22 - July 23

Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

Leo

July 24 - Aug. 23

By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

Virgo

Aug. 24 - Sept. 23

Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

Libra

Sept. 24 - Oct. 23

Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

Scorpio

Oct. 24 - Nov. 22

Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

Sagittarius

Nov. 23 - Dec. 21

Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

Capricorn

Dec. 22 - Jan. 20

This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

Aquarius

Jan. 21 - Feb. 19

Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

Pisces

Feb. 20 - March 20

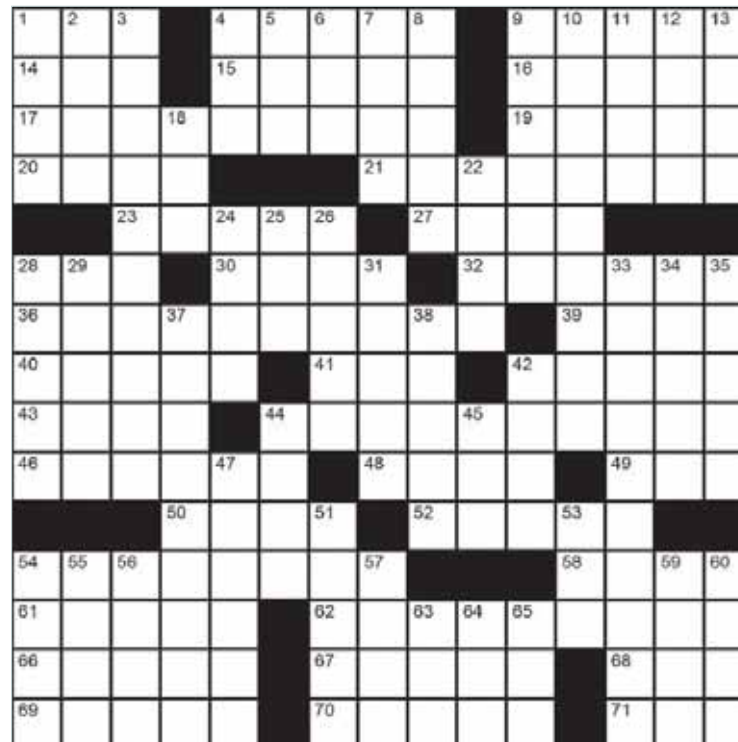
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Halfway
4. Calendar parts
9. Jostle
14. A little ___ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. ___ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per ___ (Daily)



49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "___ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix

62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down

1. Magic's spell
2. Lady Antebellum's "___ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once

6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Soppor-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy

13. In the past, in poetry
18. Powder ___
22. Look bewilderedly
24. ___-stevens
25. As written
26. Short
28. Meg Tilly movie, "Agnes ___" (1985)
29. "___ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. ___ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung ___
54. Pics-taking devices
55. Latin hymn: "Dies ___"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. ___ break
64. Stinker
65. "El ___" (1961)

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 3°
MIN: 2°

WEDNESDAY



MAX: -2°
MIN: -7°

THURSDAY



MAX: 8°
MIN: -5°



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